



Taking Care of Yourself During Pregnancy

Pregnancy can be the best experience in your life. It can also be a time of stress. Each pregnancy may be different. Do not base what happens during a pregnancy on past experiences.

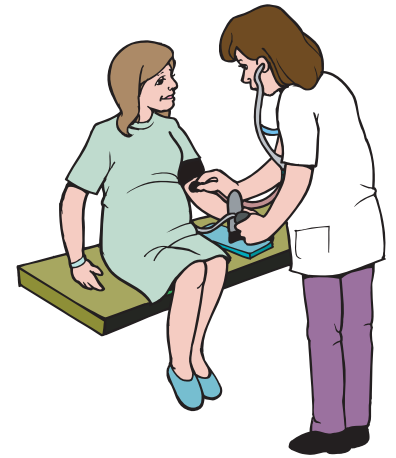


Vocabulary

- Prenatal Care
- Medical History
- Blood Pressure (BP)
- Pelvic Exam

Medical Care

Prenatal care refers to the medical care for women during a pregnancy. Prenatal care helps to find and solve problems early. Solutions include: good nutrition, exercise, vitamin intake, etc., and/or referral to a doctor. Prenatal care reduces the risk of death to mothers and babies. It also reduces birth defects, low birth weight, and other infant problems.

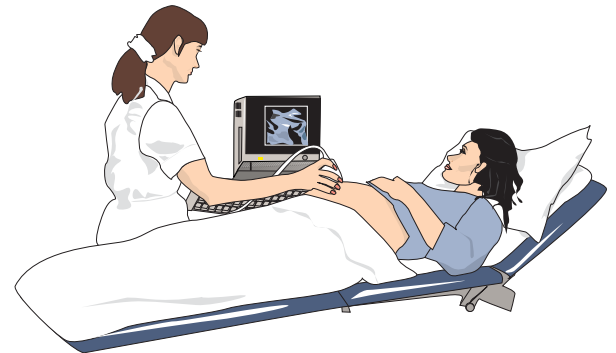


Physical Exam

It is important to make your first appointment or attend a Walk-In Clinic as soon as you think you are pregnant. If you begin prenatal care early, you give your baby a better chance of being healthy.

A physical exam includes:

- Getting your medical history
- Checking your blood pressure
- Measuring how tall you are and how much you weigh
- Getting a pelvic exam
- Checking your baby's heart rate
- Checking your blood and urine



Financial Help

Many agencies offer services to help pregnant women with the costs of having a baby.

Women, Infants and Children (WIC) provides food, health care, and education for women who are pregnant or have just had a baby. It also helps infants and children up to age five.



Department of Social and Health Services: The Department of Social and Health Services helps people obtain health care and other support services.

Farmworkers Medical Clinic: Many of the communities with farmworkers and have a Farmworkers Clinic. These clinics help anyone with a need, even if they cannot pay. If you do not have health insurance, you pay what you can afford. Some people who work at these clinics speak English and Spanish.

Emotions During Pregnancy

Pregnancy can cause many emotional and physical changes. You may have trouble controlling your feelings. It is important to remember to talk about this with your care provider. You can discuss concerns, your fears, or whatever is important to you. Every question you may have is important. Do not be afraid to ask your care provider.



Vocabulary & Definitions

- Prenatal Care:** the medical care for women before and during pregnancy.
- Medical History:** information a physician collects by asking questions, either of the patient or someone who knows the person. The doctor uses this information to make a diagnosis.
- Blood pressure (BP):** the pressure blood makes against the walls of blood vessels. It is an important measure of a person's health.
- Pelvic exam:** a physical examination of the female organs.

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Lesson Plan

Purpose of lesson: To recognize the importance of early medical care

Essential question: Why is seeking prenatal care early in the pregnancy important?

Goals:

- Students will be able to discuss the importance of early medical care
- Students will create a poster or flyer that depicts the message of the importance of early prenatal care
- Students will identify local agencies that can help meet their needs when seeking prenatal care

Differentiated Instruction:

- All student material will be bilingual
- Students will receive verbal and written directions
- Students will view a sample flyer of product to be produced
- Students will leave with their finished product (flyer), list of local agencies and two handouts

Materials needed		
<ul style="list-style-type: none"> • Chalk board and chalk, or dry erase board and dry erase markers • Poster paper or legal size paper (for flyer) • Scissors • Glue sticks • Markers • Health magazines and/or pregnancy magazines • Pamphlets on pre-natal pregnancy • Sample flyers • List of local agencies (WIC, DSHS and Farm Workers Clinic), if available in area 		
Elements	Activities	Notes
Preparation	<ul style="list-style-type: none"> • Introduce the topic. Time: 5 minutes • Distribute the Pre-Assessment. Time: 5-8 minutes 	<ol style="list-style-type: none"> 1. “Why do you think it is important to have medical care?” 2. Write individual answers on the board. <ul style="list-style-type: none"> • Let student finish the assessment. • Ask for volunteers to share some answers. • Have the students keep their assessment.
Instructions	<ul style="list-style-type: none"> • Distribute and read the student lesson, “Taking Care of Yourself During Pregnancy” together. Time: 15 minutes • Students can have the choice to either create a poster or flyer (Teacher can make the choice of only offering one choice) Time: 15 minutes • Presentation Time: 5 minutes 	<ul style="list-style-type: none"> • The teacher will explain the bold faced words as they appear. • The teacher will ask the students to team up into pairs, distribute the materials, and hand out the directions. • The teacher will explain what the students are to create and show an example using the poster paper and/or flyer. • The end product will depict the importance of early pregnancy medical (prenatal) care.
Concept Check	<ul style="list-style-type: none"> • Conduct Post-Assessments Time: 5-10 minutes • Handouts Time: 5 minutes 	

Activity

Activity

Purpose: To create a poster/flyer with the message of the importance of early medical care for pregnant women

Time: 15 – 20 minutes

Students are teamed up in pairs and provided all the material needed.

1. Explain to students that they are going to create a poster/flyer.
2. In their poster/flyer, they will cut out pictures from magazines and create a message that will:
 - State the importance of early medical care for pregnant women
 - List the name and contact information of at least two local agencies that offer services to pregnant women.
3. In pairs, students will present their poster/flyer to the class.



1. What is good prenatal care?

2. List three things that are part of the physical examination at a prenatal medical visit.

3. What agency provides foods, healthcare referrals and nutrition education for low-income pregnant women?



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